Attachment Informed Grief Therapy Series In Death Dying And Bereavement

Loss, Grief, and Attachment in Life Transitions gives readers an attachment-informed grief counseling framework and a new way of understanding non-death loss and its treatment. Loss and grief are viewed through a wide-angle lens with relevance to the whole of human life, including the important area of career counseling and occupational consultation. The book is founded on the key themes of the Transition Cycle: welcome and contact, attachment and bonding, intimacy and sexuality, separation and loss, grief and meaning reconstruction. Rich in case material related to loss and change, the book provides the tools for adopting a highly personalized approach to working with clients facing a range of life transitions. This book is a highly relevant and practical volume for grief counselors and other mental health professionals looking to incorporate attachment theory into their clinical practice.

Use of the imagination is a key aspect of successful psychotherapeutic treatments. Psychotherapy helps clients get in touch with, awaken, and learn to trust their creative inner life, while therapists use their imaginations to mentalise the suffering other and to trace the unconscious stirrings evoked by the intimacy of the consulting room. Working from this premise, in The Therapeutic Imagination Jeremy Holmes argues unashamedly that literate therapists make better therapists. Drawing on psychoanalytic and literary traditions both classical and contemporary, Part I shows how poetry and novels help foster therapists’ understanding of their own imagination-in-action, anatomised into five phases: attachment, reverie, logos, action and reflection. Part II uses the contrast between secure and insecure narrative styles in attachment theory and relates these to literary storytelling and the transformational aspects of therapy. Part III uses literary accounts to illuminate the psychiatric conditions of narcissism, anxiety, splitting and bereavement. Based on Forster’s motto, ‘Only Connect’, Part IV argues, with the help of poetic examples, that a psychiatry shorn of psychodynamic creativity is impoverished and fails to serve its patients. Clearly and elegantly written, and drawing on the author’s deep knowledge of psychoanalysis and attachment theory and a lifetime of clinical experience, Holmes convincingly links the literary and psychoanalytic canon. The Therapeutic Imagination is a compelling and insightful work that will strike chords for therapists, counsellors, psychoanalysts, psychiatrists and psychologists.

The authors have done their homework in reading and consulting with the prominent literature, especially regarding children. All this effort gives the book a solid background foundation and makes it readable, and well usable, for both lay counsellors and professional providers, and for all of us who are engaged in the delicate and rewarding endeavor of Grief Therapy’. Naji Abi-Hashem, Clinical & Cultural Psychologist, Berkeley, California Praise for the First Edition: ‘The book provides an absorbing and challenging journey through the possible process involved in bereavement work, and encourages one to think broadly about how one can approach a bereaved person... this was a book I enjoyed reading very much, and which I found both theoretically sound and practically helpful’ Bereavement Care (Cruse) Counselling for Grief and Bereavement, Second Edition is a bestselling, introductory guide for professionals who work with people experiencing bereavement through death and other forms of loss. Focusing on practical assessment and intervention strategies, Geraldine Humphrey and David Zimpfer guide readers through the essential theory and skills needed to work with clients in a way which sensitively facilitates the process of grief, initiates healing and promotes a sense of growth. Setting out the broad principles for practice, the authors go on to show how these can be applied in working with individuals, families and groups and in relation to specific issues including chronic and life-threatening illnesses, palliative care and complicated grief. Carefully chosen case examples illustrate the counselling process, while specific attention is paid throughout to ethical considerations and the possible need for referral. This fully revised and updated Second Edition features a new chapter on working with children and adolescents: both from the perspective of young people who are grieving losses and those who are receiving palliative care as patients. While focusing on the practical, the book provides a firm theoretical base by explaining key concepts such as attachment, grief and resilience. Geraldine M. Humphrey is Counsellor in the Department of Psychology at the North Canton Medical Foundation, specializing in death, illnesses, and non-death and grief. David G. Zimpfer is former Director of the Cancer Center of Ohio. Kathy was an overachiever—an economist, technical writer, and classical singer married 27 years to her college sweetheart. It looked like Kathy was fine. But deep within her hid a pain from infancy so severe that a cascade of adult life crises finally triggered it. And once it exploded, the pain was unbearable. Kathy was suffering attachment disorder, a psychological condition potentially affecting almost half the US population. Caused by traumatic stress in the first three years of life, attachment disorder correlates with the nation’s 50 percent divorce rate and widespread mental health issues. Yet no one talks about its prevalence, so many sufferers go untreated, forced to live with their pain in silence—without a hint of its cause. This was certainly true for Kathy. But when her initial forays into psychiatric help failed, Kathy decided to treat herself. It was a mistake that almost cost her life. Told with candor and quirky, ironic humor, Don't Try This Alone will resonate with anyone suffering attachment damage. It knows no boundaries; it strikes those who believe they had wonderful childhoods as well as the obviously abused. Yet there's hope! Kathy's story also shows: help and healing are out there. A prominent theme presented in this volume is that symptoms in the bereaved individual have meaning-making significance and that meaning reconstruction in response to loss is the central process in grieving. More scientifically oriented readers will find comprehensive discussions of research programs supporting these tenets, particularly those linking grief with responses to loss involved in trauma. Practitioners will find clinically informed models and ample case descriptions to bridge concepts with real people suffering real loss. All will find new paradigms for approaching loss and reconstruction of meaning in a respectful, revealing way that has significance both personally and professionally.
on contemporary models of grief pertaining to children and adolescents. The integration of developmental perspectives, attachment theory, and neurobiological implications provides a thorough summary of the many factors that can affect a child's growth and development, and the subsequent influence on grief expression. Chapters explore relevant social topics rarely addressed in other texts, such as the death of African American men, suicide among Aboriginal youth in Canada, death/suicide among LGBTQ youth and social media's influence. Also included are practical tips for helping professionals who want to better understand how grief and loss affect children and teens, as well as a meditation guide that provides concrete opportunities for growth and healing.

How to start, do, and complete psychotherapy that is trauma- and attachment-based as well as culturally informed. Most books about doing psychotherapy are tied to particular psychotherapeutic practices. Here, seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma- and attachment- informed approach that is not tied to any one model or method. This book teaches assessment, treatment plans, enhancing the therapeutic relationship, and ethics and boundary issues, all within a general framework of attachment theory and trauma. Practical chapters talk about working with attachment problems, grief, depression, cultural differences, affect tolerance, anxiety, addiction, trauma, skill- building, suicidal ideation, psychosis, and the beginning and end of therapy. Filled with examples, suggestions for dialogue, and questions for a variety of therapeutic situation, Shapiro's conversational tone makes the book very relatable. Early- career therapists will refer to it for years to come, and veteran practitioners looking for a refresher (or introduction) to the latest in trauma and attachment work will find it especially useful.

"Techniques of Grief Therapy is an indispensable guidebook to the most inventive and inspirational interventions in grief and bereavement counseling and therapy. Individually, each technique emphasizes creativity and practicality. As a whole, they capture the richness of practices in the field and the innovative approaches that clinicians in diverse settings have developed, in some cases over decades, to effectively address the needs of the bereaved. New professionals and seasoned clinicians will find dozens of ideas that are ready to implement and are packed with useful features, including: An intuitive, thematic organization that makes it easy to find the right technique for a particular situation Expert guidance on implementing each technique and tips on avoiding common pitfalls Sample worksheets and activities for use in session and as homework assignments Illustrative case studies and transcripts"

A comprehensive exploration of grief by leading researchers and mental health care professionals; grief as an entirely natural response to loss and the consequences when the grief or loss is not openly acknowledged, socially sanctioned, or publicly shared. New Techniques of Grief Therapy: Bereavement and Beyond expands on the mission of the previous two Techniques books, featuring innovative approaches to address the needs of those whose lives have been shadowed by loss—whether through bereavement, serious illness, the rupture of a relationship, or other complex or intangible losses, such as of an identity-defining career. The book starts with several framing chapters by prominent theorists that provide a big- picture orientation to grief work and follows with a generous toolkit of creative therapeutic techniques described in concrete detail and anchored in illustrative case studies to convey their use in actual practice. New Techniques of Grief Therapy is an indispensable resource for professionals working in hospice, hospital, palliative care, and elder care settings; clinicians in broader health-care and mental health-care practices; executive coaches; and students in the field of grief therapy. This book vividly shows how creative arts and play therapy can help children recover from experiences of disrupted or insecure attachment. Leading practitioners explore the impact of early relationship difficulties on children’s emotions and behavior. Rich case material brings to life a range of therapeutic approaches that utilize art, music, movement, drama, creative writing, and play. The volume covers ways to address attachment issues with individuals of all ages, as well as their caregivers. Chapters clearly explain the various techniques and present applications for specific populations, including complex trauma survivors.

Creating safety, hope, and secure attachment to transform traumatic memories. What makes trauma therapy effective? The answers might surprise you. While therapists have been bombarded with brain science, hundreds of new models, and pressure to use evidence-based techniques, research has demonstrated that the therapeutic relationship ultimately predicts therapy outcomes. This is especially true for traumatized clients. But, what kind of therapeutic relationship? Forming a secure therapeutic alliance with traumatized clients is tricky. How do you help clients trust you after they've been abused, betrayed, or exploited? How do you instill hope and convince clients who've been devastated by loss to believe that a better life is possible? In this accessible guide, Courtney Armstrong distills discoveries from attachment theory, brain science, and post-traumatic growth into practical strategies you can use to: 1) build trust and a secure therapeutic relationship; 2) transform traumatic memories into stories of triumph and courage; and 3) help clients cultivate resilience and a positive post-trauma identity. Packed with dozens of scripts, step-by-step worksheets, and inspiring client stories, this book gives you tools for each phase of the trauma therapy process and shows you how to: Engage and motivate clients based on their attachment style Manage trauma-related dissociation, anxiety, and anger Transform traumatic memories so they no longer haunt your client Work with different types of trauma, from sexual abuse to traumatic grief Evoke inner resources for healing and positive emotional states Counter compassion fatigue and burnout so you can thrive as a therapist Merely talking about a traumatic event is not enough because the parts of the brain where traumatic, implicit memories are stored don’t understand words. Heartfelt, relational experiences catalyze brain change and buffer the impact of trauma. In this book, Armstrong demonstrates that neuroscience is validating what therapists have suspected all along: the brain changes through the heart. Trauma, PTSD, Grief & Loss provides a holistic and systemic path of understanding traumatic stress, and charts the most effective treatments, outlined in the 10 core trauma competencies. Trauma experts J. Eric Gentry and Mike Dubi bring 70+ years of clinical trauma experience, providing best-practice, evidence-based clinical interventions and techniques. Key approaches and interventions include: Feedback Informed Therapy + Self-Regulation + EMDR + Tri-Phasic Model + Exposure Based Therapies + CBT + Narrative Exposure Therapy

If you have experienced the death of a loved one from suicide, this book is for you. With contributions of many people who have been through the experience and two Psychologists who have helped hundreds of people bereaved by suicide, this book takes the reader through the first few days, weeks, months and years.

Techniques of Grief Therapy: Assessment and Intervention continues where the acclaimed Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved left off, offering a whole new set of innovative approaches to grief therapy to address the needs of the bereaved. This new volume includes a variety of specific and practical therapeutic techniques, each conveyed in concrete detail and anchored in an illustrative case study. Techniques of Grief Therapy: Assessment and Intervention also features an entire new section on assessment of various challenges in coping with loss, with inclusion of the actual scales and scoring keys to facilitate their use by practitioners and researchers. Providing both an orientation to bereavement work and an indispensable toolkit for counseling survivors of losses of many kinds, this book belongs on the shelf of both experienced clinicians and those just beginning to delve into the field of grief therapy.
This is the first book to focus specifically on complicated mourning, often referred to as pathological, unresolved, or abnormal grief. It provides caregivers with practical therapeutic strategies and specific interventions that are necessary when traditional grief counseling is insufficient. “The goal is to turn 'complicated' into 'uncomplicated' mourning.” Rando examines the unique issues in bereavement situations that put mourners at high risk for complicated mourning. She synthesizes the literature and integrates it with specific treatment approaches. Attachment-Informed Grief Therapy bridges the fields of attachment studies and thanatology, uniting theory, research, and practice to enrich our understanding of how and why people grieve and how we can help the bereaved. In its pages, clinicians and students will gain a new understanding of the etiology of complicated grief and its treatment and will become better equipped to formulate accurate and specific case conceptualization and treatment plans. The authors also illustrate the ways in which the therapeutic relationship is a crucially important—though largely unrecognized—element in grief therapy, and offer guidelines for an attachment informed view of the therapeutic relationship that can serve as the foundation of all grief therapy.

Grief as a Family Process draws on many sources, such as developmental psychology, psychoanalytic and family systems theory, and cultural anthropology. Using examples from a wide variety of cultural traditions, this book argues for a transformation of attachment to, instead of detachment from, the deceased family member to sustain and enhance family development.

This updated second edition of Working with Loss and Grief provides a model for practitioners working with those who are grieving a significant life loss. Making clear connections between theory and practice, the ‘Range of Response to Loss’ model provides a theoretical ‘compass’ for recognising the wide spectrum of individual responses to loss and the ‘Adult Attitude to Grief’ scale is a tool for ‘mapping’ individual grief and its change over time, providing an individual grief profile. Together these offer a framework for practitioners to: listen to stories of grief told by clients -identify common patterns in grief -recognize individual difference in grief response -make assessments -prompt therapeutic dialogue -guide therapeutic focus and -evaluate outcomes. This edition includes: a new chapter on ‘The RRL Model and a Pluralistic Approach to Counselling’; two new case studies; additional content on vulnerability; new grief assessment tools and systems, and the latest research. Dr Linda Machin is Honorary Research Fellow at Keele University, having been a Lecturer in Social Work and Counselling at Keele. She established a counselling service for the bereaved in North Staffordshire and continues to work as a researcher and freelance trainer.

Living Through Loss provides a foundational identification of the many ways in which people experience loss over the life course, from childhood to old age. It examines the interventions most effective at each phase of life, combining theory, sound clinical practice, and empirical research with insights emerging from powerful accounts of personal experience. The authors emphasize that loss and grief are universal yet highly individualized. Loss comes in many forms and can include not only a loved one’s death but also divorce, adoption, living with chronic illness, caregiving, retirement and relocation, or being abused, assaulted, or otherwise traumatized. They approach the topic from the perspective of the resilience model, which acknowledges people’s capacity to find meaning in their losses and integrate grief into their lives. The book explores the varying roles of age, race, culture, sexual orientation, gender, and spirituality in responses to loss. Presenting a variety of models, approaches, and resources, Living Through Loss offers invaluable lessons that can be applied in any practice setting by a wide range of human service and health care professionals. This second edition features new and expanded content on diversity and trauma, including discussions of gun violence, police brutality, suicide, and an added focus on systemic racism. This book fills a critical gap in our scientific understanding of the grief response of parents who have lost a child to traumatic death and the psychotherapeutic strategies that best facilitate healing. It is based on the results of the largest study ever conducted of parents surviving a child's traumatic death or suicide. The book was conceived by William and Beverly Feigelman following their own devastating loss of a son, and written from the perspective of their experiences as both suicide-survivor support group participants and facilitators. It intertwines data, insight, and critical learning gathered from research with the voices of the 575 survivors who participated in the study. The text emphasizes the sociological underpinnings of survivors' grief and provides data that vividly documents their critical need for emotional support. It explains how bereavement difficulties can be exacerbated by stigmatization, and by the failure of significant others to provide expected support. Also explored in depth are the ways in which couples adapt to the traumatic loss of a child and how this can bring them closer or render their relationship irreparable. Findings suggest that with time and peer support affiliations, most traumatically bereaved parents ultimately demonstrate resilience and find meaningful new roles for themselves, helping the newly bereaved or engaging in other humanitarian acts.

Key Features: Offers researchers, clinicians, and parent-survivors current information on how parents adapt initially and over time after the traumatic loss of a child Presents data culled from the largest survey ever conducted (575 individuals) of parents surviving a child's suicide or other traumatic death Investigates the ways in which stigmatization complicates and prolongs the grieving process Addresses the tremendous value of support groups in the healing process Explores how married couples are affected by the traumatic loss of their child This book presents an integrated treatment approach for those struggling to adapt after the sudden, traumatic death of a loved one. The authors weave together evidence-based clinical strategies grounded in cutting-edge knowledge about both trauma and grief. The book offers a clear framework and many practical tools for building survivors’ psychological and interpersonal resources, processing their trauma, and facilitating mourning. In a large-size format with lay-flat binding for easy photocopying, the book includes over 50 reproducible handouts. Purchasers can access a companion website to download and print these materials as well as supplemental handouts and a sample 25-session treatment plan. Winner (Second Place)—American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

This is a concise, accessible introduction to the basic principles of attachment therapy, and their application to therapeutic practice. Bringing together 70 years’ of theory and research, its expert authors provide a much-needed user-friendly guide to attachment-informed psychotherapy. The book covers: The history, research base, and key figures and concepts of attachment theory The key concepts of attachment therapy, and their implications for practice Neuroscience implications of attachment and its therapeutic relevance The parallels and differences between parent-child attachment and the therapeutic relationship The application of attachment in adult individual psychotherapy across a number of settings, also to couples and families The applications of attachment to working with complex disorders The applications of attachment in child psychotherapy The use of the arts in psychotherapy is a burgeoning area of interest, particularly in the field of bereavement, where it is a staple intervention in hospice programs, children’s grief camps, specialized programs for trauma or combat exposure, work with bereaved parents, widowed elders or suicide survivors, and in many other contexts. But how should clinicians differentiate between the many different approaches and techniques, and what criteria should they use to decide which technique to use—and when? Grief and the Expressive Arts provides the answers using a crisp, coherent structure that creates a conceptual and relational scaffold for an artistically inclined grief therapy. Each of the book’s brief chapters is accessible and clearly focused, conveying concrete methods and anchoring them in brief case studies, across a range of approaches featuring music, creative writing, visual arts, dance and movement, theatre and performance and multi-modal practices. Any clinician—expressive arts therapist, grief counselor, or something in between—looking for a professionally oriented but scientifically informed book for guidance and inspiration need look no further than Grief and the Expressive Arts. Superhero Grief uses modern superhero narratives to teach the principles of grief theories and concepts and provide practical ideas for promoting healing. Chapters offer clinical strategies, approaches, and interventions, including strategies based in expressive arts and complementary therapies. Leading researchers, clinicians, and professionals address major topics in death, dying, and bereavement, using superhero narratives to explore loss in the context of bereavement and to promote a contextual view of issues and relationship types that can
improve coping skills. This volume provides support and psychoeducation to students, clinicians, educators, researchers, and the bereaved while contributing significantly to the literature on the intersection of death, grief, and trauma.

This wide-ranging book on art therapy and grief provides everything an art therapist needs to feel confident in creating an effective treatment plan. It features fourteen clear-cut protocols, outlining 4-8 week curriculums for working with Complicated Grief, and explains the theory which informs the practice, including popular and evolving models such as Attachment Theory, Mindfulness, Dialectical Behavioral Therapy (DBT) and Art Therapy Relational Neuroscience (ATR-N). Suitable for a variety of settings and clinical populations, the book breaks through the analytical jargon of the field and provides firsthand narratives of art therapists exploring their own experiences of grief and client case studies.

"Nine central issues relevant to attachment theory and research constitute this volume: Defining attachment and attachment security, Measuring the security of attachment, The nature and functioning of internal working models, Stability and change in attachment security, Influence of early attachment, Culture and attachment, Separation and loss, Attachment-based interventions, and Attachment, systems, and services. This is a time of widening interest in attachment theory, and this book exists alongside others that provide perspective on the field as a whole. The authors of these chapters have synthesized their views into fresh perspectives that, juxtaposed with others addressing the same questions, offer novel and useful insights into the current status of attachment theory and research, and perspective on its future"-- here are over 38,000 suicide deaths each year in the United States alone, and the numbers in other countries suggest that suicide is a major public health problem around the world. A suicide leaves behind more victims than just the individual, as family, friends, co-workers, and the community can be impacted in many different and unique ways following a suicide. And yet there are very few professional resources that provide the necessary background, research, and tools to effectively work with the survivors of a suicide. This edited volume addresses the need for an up-to-date, professionally-oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors. It is geared towards mental health professionals, grief counselors, clergy, and others who work with survivors in a professional capacity. Topics covered include the impact of suicide on survivors, interventions to provide bereavement care for survivors, examples of promising support programs for survivors, and developing a research, clinical, and programmatic agenda for survivors over the next 5 years and beyond.

Artful Grief is a decade long study of loss by an art therapist, in the aftermath of her daughter's suicide. On October 11, 2001, Sharon received a phone call in the middle of the night from the New York City Police Department telling her that her seventeen year old daughter Kristin, had "fallen" from the roof of her college dormitory. So began her journey into the labyrinth of unspeakable grief. As the 9/11 year drew to a close she found no comfort in traditional therapy, and no solace in spoken or written words. In surrender to her inner art therapist's guidance, she began to create collages. She cut and tore images out of magazines and glued them on various size paper. The paper was a safe and sacred container, receptive to the fullness of emotion, story and paradox. Over time there was transformation and healing. Artful Grief A creative roadmap through violent dying and grief. A dose of "soul medicine" for survivors. A way to retrieve the pieces of a shattered life with papier, scissors and glue. A resourceful tool for those suffering with complicated grief and/or PTSD. A place for the unspeakable to be seen and heard. A process to quiet the mind and open the heart. A visual experience of trauma images as illustrations of hope. A sample of prophetic dreams and meditations that are illuminating. A heartfelt sharing of "intimate secrets" for understanding and compassion. A surprising "grief gift" that is inspiring.

First published in 1996. Routledge is an imprint of Taylor & Francis, an informa company. Presents a practical guide to dealing with grief; and offers personal case studies and advice that help individuals find peace, acceptance, and strength to move on.

The introduction of the continuing bonds model of grief near the end of the 20th century revolutionized the way researchers and practitioners understand bereavement. Continuing Bonds in Bereavement is the most comprehensive, state-of-the-art collection of developments in this field since the inception of the model. As a multi-perspectival, nuanced, and forward-looking anthology, it combines innovations in clinical practice with theoretical and empirical advancements. The text traces grief in different cultural settings, asking questions about the truth in our interactions with the dead and showing how new cultural developments like social media change the ways we relate to those who have died.

Together, the book's four sections encourage practitioners and scholars in both bereavement studies and in other fields to broaden their understanding of the concept of continuing bonds.

Loss can have many meanings from loss of family or friends, loss of something valued, a loss of an ability. This book discusses those losses, how we react to them and how we can adapt to them. It explores both the common themes and challenges that characterise the human experience of loss.

Attachment-Informed Grief TherapyThe Clinician's Guide to Foundations and ApplicationsRoutledge Praise for the First Edition: "The book is well-written, interesting, informative, thorough, and useful! As an educator for 43 years, this is the sort of text that I would be pleased to use in my classroom!. . . I would highly recommend this book! It is an important contribution to the field!"- Gerry R. Cox , PhD, Illness, Crisis and Loss This core, introductory textbook for undergraduate and graduate-level courses is the first to combine the knowledge and skills of counseling psychology with current theory and research in grief and bereavement. The second edition has been updated to reflect important new research and changes in the field, including insights on complicated grief, resilience after adverse life experiences, and compassion-based approaches to death, loss, and grief. It discusses the implications for the DSM-5s omission of the bereavement exclusion for the diagnosis of a major depressive disorder. A completely new chapter on the social context of loss addresses social messages, grieving rules, workplace policies, and the disenfranchisement of many aspects of normal, health grief. The text also touches upon some of the therapies that have been developed by major researchers in the field to address complicated grief. New case scenarios further enrich the second edition. The text is grounded in the belief that grief counseling is distinct from other therapeutic issues because it is an adaptive response rather than a form of pathology. It describes the unique aspects of grief as a normal response to losses both death and non-death related, and views the goal of counseling bereaved individuals as one of facilitating the unfolding of the healthy and adaptive aspects of the process as it manifests itself within each client. The book introduces various theories of bereavement and examines different therapeutic modalities that can be used in the context of grief and loss. Specific counseling practices that facilitate successful interventions are discussed, particularly that of "presence," considered by the authors to be the primary therapeutic stance when working with bereaved individuals. The text also addresses grief counseling with special populations, ethical issues, and self-care concerns for counselors. Case studies, discussion and reflection questions, and suggested additional resources are included in each chapter. New to the Second Edition: New insights on complicated grief, DSM categorizations of grief, resilience, and compassion-based approaches to death, loss, and grief A completely new chapter on the social context of loss, including social messaging, grieving rules, and workplace policies New case scenarios Addresses the unique aspects of grief after suicide and homicide Distinguishes grief/complicated grief from depression and trauma New information on the role and use of grief support groups New information on the use of social media and privacy issues Newly developed models of compassion-based response for counselors Application of current neuroscience research to grief counseling Use of technology and online counseling Key Features: Provides research-supported, practical guidance for grief counseling and support Regards grief therapy as a unique form of counseling based on grief as an adaptive response rather than as a form of pathology Written by two internationally recognized leaders in the field Focuses on the importance of ipresence as the most important therapeutic foundation for working with
bereaved individuals includes questions for reflection and glossary of terms.

An exploration of grief and racial trauma through the eyes of a Black end-of-life caregiver. Most of us understand grief as sorrow experienced after a loss—the death of a loved one, the end of a relationship, or a change in life circumstance. Breeisha Wade approaches grief as something that is bigger than what's already happened to us—as something that is connected to what we fear, what we love, and what we aspire toward. Drawing on stories from her own life as a Black woman and from the people she has midwifed through the end of life, she connects sorrow not only to specific incidents but also to the ongoing trauma that is part and parcel of systemic oppression. Wade reimagines our relationship to power, accountability, and boundaries and points to the long-term work we must all do in order to address systemic trauma perpetuated in our interpersonal relationships. Each of us has a moral obligation to attend to our own grief so that we can responsibly engage with others. Wade elucidates grief in every aspect of our lives, providing a map back to ourselves and allowing the reader to heal their innate wholeness.

Anger, Rage and Relationship presents a radically new way to understand and work with anger and rage issues. Taking a relational approach to anger and rage, the book presents a positive view of human nature, supported by recent research findings and illustrated with case studies, with individuals trusted to be essentially pro-social. Rather than promoting strategies and techniques for eradicating anger, Sue Parker Hall, puts forward an approach which seeks to not only work with, but to differentiate between, anger and rage. Anger and rage are constructed as entirely different phenomena, originating at different developmental stages, having different functions and relational needs and requiring different aspects of relationship in the therapeutic process. Further areas of discussion include: the positive aspects of anger practitioner protection the therapeutic implications of working with both anger and rage This book will provide invaluable reading for practitioners dealing with anger and rage in the therapeutic setting, as well as being of great interest to all counsellors and therapists in the related field.

The Handbook of Traumatic Loss adopts a broad, holistic approach that recognizes traumatic loss much more fully as a multidimensional human phenomenon, not simply a medical condition. Initial chapters build a foundation for understanding traumatic loss and explore the many ways we respond to trauma. Later chapters counterbalance the individualistic focus of dominant approaches to traumatic loss by highlighting a number of thought-provoking social dimensions of traumatic loss. Each chapter emphasizes different aspects of traumatic loss and argues for ways in which clinicians can help deal with its many and varied impacts. Most students experience some form of loss in their lives, and the resulting grief can profoundly affect their academic performance, emotional stability, and social interactions. Serving both as a resource and workbook, this reader-friendly primer helps educators and school counselors understand and respond to the extraordinary challenges that children and adolescents may face when dealing with loss and grief. Featuring helpful charts, quotes, activities, case studies, reproducible handouts, and resources from national organizations, this sourcebook offers strategies to help students affected by divorce; death of a parent, relative, friend, or pet; violence; chronic illness; and more. The author examines grief experiences at different developmental levels and illustrates how to: Respond appropriately to expressions of grief that are unique to children and adolescents Help students handle emotions associated with loss Promote communication and facilitate effective interventions Determine when to refer a child to a specialist Respect cultural attitudes toward loss and grief This resource underscores the importance of understanding how children experience grief and loss and helps educators assist in ways that promote students’ emotional health and recovery. The loss of a loved one is one of the most painful experiences that most of us will ever have to face in our lives. This book recognises that there is no single solution to the problems of bereavement but that an understanding of grief can help the bereaved to realise that they are not alone in their experience. Long recognised as the most authoritative work of its kind, this new edition has been revised and extended to take into account recent research findings on both sides of the Atlantic. Parkes and Prigerson include additional information about the different circumstances of bereavement including traumatic losses, disasters, and complicated grief, as well as providing details on how social, religious, and cultural influences determine how we grieve. Bereavement provides guidance on preparing for the loss of a loved one, and coping after they have gone. It also discusses how to identify the minority in whom bereavement may lead to impairment of physical and/or mental health and how to ensure they get the help they need. This classic text will continue to be of value to the bereaved themselves, as well as the professionals and friends who seek to help and understand them.

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